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CLAIMS

sent from a transmitter (TX) to said receiver (RX), with a signal (SIG) available in said receiver (RX), characterised in that said method includes the steps of:

- in said receiver (RX) generating trigger signals (T) from said signal (SIG);
- sending said trigger signals (T) from said receiver (RX) to said transmitter (TX);
- upon receipt of said trigger signals (T) by said transmitter (TX) sending said data (DAT) from said transmitter (TX) to said receiver (RX).
- 2. The method according to claim 1, characterised in that said data (DT) is asynchronous data.
- 3. The method according to claim 1, characterised in that said method further includes in the event that no data is available in said transmitter (TX) to be sent upon receipt of said trigger signals, sending idle data from said transmitter (TX) to said receiver (RX).
 - 4. A receiver (RX) for receiving from a transmitter (TX) data (DAT), said data (DAT) having to be synchronous with a signal (SIG) available in said receiver (RX), characterised in that said receiver (RX) includes:
 - trigger generating means (T-GEN) to generate trigger signals (T) from said signal (SIG);
 - trigger sending means (T-SEND) to send said trigger signals (T) from said receiver (RX) to said transmitter (TX);
 - data receiving means (DAT-RX) to receive said data (DAT) sent by said transmitter (TX) upon receipt of said trigger signals (T) to said receiver (RX).
 - 5. The receiver (RX) according to claim 4, characterised in that said receiver (RX) is included in an asymmetric digital subscriber line modem.
- 6. A transmitter (TX) for transmitting data (DAT) to a receiver (RX), said
 data (DAT) having to be synchronous with a signal (SIG) available in said receiver
 (RX), characterised in that said transmitter (TX) includes:

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- trigger receiving means (T-RX) to receive trigger signals T), generated by said receiver (RX) from said signal (SIG) and sent from said receiver (RX) to said transmitter (TX);

- data sending means (DAT-SEND) to send data (DAT) from said transmitter (TX) to said receiver (RX) upon receipt of said trigger signals (T).

7. The transmitter (TX) according to claim 6, characterised in that said transmitter (TX) includes means to send said data (DAT) in an asynchronous way.

8. The transmitter (TX) according to claim 6, characterised in that said transmitter (TX) includes idle data generating means (ID-GEN) to generate idle data and to send said idle data from said transmitter (TX) to said receiver (RX) in the event that no data (DAT) is available in said transmitter (TX) upon receipt of said trigger signals (T).

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